



Jan. 25, 2016

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: www.usagria.army.mil/News/II.aspx

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Financial Management Is Key to Mission Accomplishment

First Army held a Sustainment and Financial Management Conference Jan. 20-22, with a focus that fiscal responsibility helps lead to mission success. In opening remarks in the Pershing Conference Room of First Army headquarters, First Army Chief of Staff, Col. Dale Kuehl, noted that a shrinking Army was not coinciding with a more stable world. The challenge, then, is to do more with less, and making prudent use of resources is key to mission accomplishment. Julie Lundy, First Army budget officer, said it is crucial that budget personnel realize the role they play in mission readiness. "It's very important for them to understand that...and that they know the process of how funds are allocated," she said. During the conference, First Army logistics and budget specialists had the chance to further explain First Army financial management practices to subordinate units, and personnel from those units had the opportunity to provide feedback and have their questions answered. "This is the first one we held and it was due to Operation Bold Shift," Lundy said. ([More](#))



Upcoming Dates

- Jan. 25-29:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. – 3:40 p.m.
- Jan. 28:** Council of Colonels, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 28:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- Jan. 30:** Self Defense Seminar, RIA Fitness Center, 9 a.m.
- Feb. 2:** Military Spouse Night Celebrating USO's 75th Birthday, USO Center, Bldg. 110, 6-8 p.m.
- Feb. 2:** Groundhog Day
- Feb. 3:** USO's Geo-Bachelor/Bachelorette and Singles Night 75th Birthday Celebration Spaghetti Dinner, USO spaces, Bldg. 110, 5 p.m.
- Feb. 4:** USO 75th Birthday Cake Cutting Ceremony, USO, Bldg. 110, 12 p.m.
- Feb. 5:** Frank 'n Friday, USO Center, Bldg. 110, lunch period
- Feb. 5:** First Friday Social, Arsenal Island Clubhouse, 3-7 p.m.
- Feb. 7:** Super Bowl Party, Lock and Dam Lounge, Bldg. 60, 7:30 p.m.
- Feb. 5:** Advanced Résumé Class, ACS Training Room, Bldg. 110, 1:30 p.m.
- Feb. 9:** CYSS Family Advisory Board Meeting, Abel Conf. Rm., 1st Floor, Bldg. 110, 11 a.m. - 12 p.m.
- Feb. 9:** Mardi Gras/Fat Tuesday
- Feb. 10:** RIA MWR Health and Fitness Fair, RIA Fitness Center, 10 a.m.
- Feb. 10:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Feb. 11:** Black History Month Potluck, Baylor Conf. Rm., Bldg. 103, 3rd Floor, 11 a.m. – 12:30 p.m.

2015 Illowa Bi-State Combined Federal Campaign Finishes On a High Note

At a Combined Federal Campaign award ceremony in January, federal, military and postal employees celebrated an exceptional season of giving. Employees from federal agencies encompassing 37 counties in the bi-state area celebrated contributions totaling \$383,520 for the fall 2015 campaign period, the slogan of which was "You can change a life." Maj. Gen. Kevin G. O'Connell, commanding general of the Army Sustainment Command and the 2015 CFC Honorary Chairman, served as the keynote speaker. Referring to those active in this year's campaign, O'Connell said, "Thank you for your participation and volunteerism. The Arsenal and organizations off Island made a great effort and collaboration. Your efforts contribute to what makes the Quad Cities such a great place to live." In addition to individual employee contributions, participating organizations held fundraisers including chili cook-offs, bake sales, and scavenger hunts. All proceeds were donated to CFC. ([More](#))



ASC Names EEO Champion of the Year

The U.S. Army Sustainment Command honored a member of its Senior Executive Service during a ceremony at Rock Island Arsenal, Ill., Jan. 26. Kathryn Szymanski, chief counsel, ASC and Joint Munitions Command, accepted the 2015 Equal Employment Opportunity Champion of the Year award from Maj. Gen. Kevin O'Connell, commanding general, ASC. "Equal Employment Opportunity means freedom from discrimination on the basis of sex, color, religion, national origin, disability, age, genetics and protection from reprisal," said O'Connell. Szymanski has provided several keynote speeches for Women's Equality Day programs, was the guest speaker for the Minority College Relations Program, and currently serves as the Diversity Champion for the ASC Diversity Committee. ([More](#))



LOGCAP, ACC-RI Completes Service Acquisition Workshop

The Logistics Civil Augmentation Program office and Army Contracting Command -- Rock Island participated in the Services Acquisition Workshop hosted by Defense Acquisition University, here, Jan. 12-14. The workshop provided training to a cross-functional acquisition team preparing a performance-based requirements document in support of a services contract; in this case, the LOGCAP V requirement. This was one of the first actions taken by the two organizations as they work through the seven steps of the service acquisition process. The goal is to get the best value for future LOGCAP task orders. ([More](#))



ASC Swears In New Assistant Inspector General

Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, swore in the newest member of ASC's Inspector General's office at Rock Island Arsenal, Illinois, Jan. 26. Master Sgt. Swain Riley, assistant IG, reported to Rock Island Arsenal three months ago from Camp Shelby, Mississippi, where he served as the First Army Academy chief of training. He has served in the Army for 23 years and has deployed three times; twice to Iraq and once to Afghanistan. ([More](#))



FEHB Limited Enrollment Period Set to Start

Running the month of February is a special “limited enrollment period” in the FEHB program during which actively employed family plan enrollees who pay premiums with pre-tax money will be allowed to downgrade to self plus one. The self plus one option first became available in the recently concluded open season and was effective with this year. But even before that season started, OPM announced the availability of this special period, anticipating that some people who would benefit from switching would not do so and then wish they had. Self plus one is of most interest to those with only one eligible family member such as a married couple with no eligible children or a single parent with one eligible child (note: enrollees with more than one eligible family member can enroll in it and designate which one would receive coverage). ([More](#))



Defense Department Experts to Support HHS with Zika Virus Research

Defense Department experts who have experience working with the Zika virus have been asked to support the Department of Health and Human Services in its efforts related to the mosquito-borne disease, the Pentagon press secretary said today. In a briefing with defense reporters, Peter Cook said the department has been asked to support HHS in its efforts to convene experts and stakeholders, specifically in the research area. “This is an area where the DoD has done some research in the past,” he added, “and I think some of that expertise will be brought to this effort. We’ll be supporting HHS in whatever way we can.” Travelers to the United States from countries where mosquitoes carry the virus could bring the disease here, and the Centers for Disease Control and Prevention has issued a travel alert for people traveling to regions and countries where Zika virus transmission is ongoing: Brazil, Colombia, El Salvador, French Guiana, Guatemala, Haiti, Honduras, Martinique, Mexico, Panama, Paraguay, Suriname, Venezuela and Puerto Rico. ([More](#))



Army Culture of Trust

Trust is the bedrock of the Army Profession: internal trust that Army professionals live by and uphold the Army Ethic; and external trust that the American people have in the Army to serve the nation ethically, effectively and efficiently. Establishing, sustaining and strengthening an Army Culture of Trust is a necessary condition for mission command. Army professionals must have character, competence and commitment, and treat themselves, each other and the American people with dignity and respect, fostering an environment where individuals and teams honorably fulfill their oaths of service. The strength of the Army is its people, and it is people who fight and win the nation's wars. These honorable servants, Army experts and stewards of the profession are bound together in common, moral purpose and make up an Army Culture of Trust. ([More](#))



Annual Weingarten Rights Reminder – Employees Rights to Be Represented By an Exclusive Union in an Appropriate Bargaining Unit

The Federal Service Labor-Management Relations Statute ([5 USC Chapter 71](#)) gives employees in units represented by an exclusive labor organization the right to request union representation at any examination by a representative of the agency in connection with an investigation if the employee believes that the examination may result in disciplinary action. Section 7114(a) of 5 USC Chapter 71 states that: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a



representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee and the employee requests representation. If you have any questions or concerns, please contact your labor relations specialist or ombudsman.

Rock Island Chapter of AUSA Grants \$10,000 to 11 Local Organizations

The Rock Island Arsenal Chapter of AUSA (Association of the United States Army) provided \$10,000 worth of community grants to eleven local organizations in order to show support. These organizations are improving the lives of servicemen and woman, and veterans, in the Quad Cities. Many of the beneficiaries of these organizations include the homeless, the disabled, the hungry, the wounded and the proud men and women who are, or who have served our nation in harm's way. Without the organizations like those with us today, many would go forgotten. Quite simply, these organizations change lives. ([website](#))

Time to File Your Taxes

Income tax filing season is here, and Rock Island Arsenal operates a free tax assistance center. The tax center serves members of the RIA community eligible for legal assistance services - primarily active duty service members, military retirees and family members. In a change from recent years, an appointment is required and there is no "drop-off" service. Appointments are available weekdays from 10 a.m. to 3 p.m., **Jan. 25 through April 18**. Most appointments last about an hour with more complex returns taking longer. In accordance with IRS guidelines, the tax center may prepare and submit most - but not all - federal and state income tax returns. For example, the tax center cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss it with your tax preparer when you call to make an appointment. To schedule an appointment, call 782-8457/1709. Please bring the following to your appointment: a photo ID; your social security card (or official SSA correspondence with your SSN on it); documents showing income of any type (W-2s, 1099s, etc.); documents to support deductions/credits; copy of last year's return; direct deposit information; and dependents' birth dates.

2016 Elections Season Is Upon Us

Whether you are a Soldier or family member far from home, or a local resident of Illinois or Iowa, the Rock Island Voting Assistance Office can help with voter registration, absentee ballot requests and finding local polling locations. Stop by the 3rd Floor of Bldg. 56, or call 309-782-8780, for all your voting needs. The Iowa Caucuses are scheduled for **Feb. 1**. As the caucuses are run internally by the political parties, and not by the state, voters will not go to their normal polling locations, but instead alternate sites of the parties' choosing. The Scott County election website has more information on finding your caucus site:

www.scottcountyiowa.com/auditor/election-central/caucuses. Additionally, while the caucuses are only open to registered voters of the appropriate party, forms will be available for on-site registration the day of the event. The Illinois Primary Election is scheduled for **March 15**, and will be held at regular polling locations.

As an open primary, voters may request to vote for a presidential candidate in any party. If you are not registered to vote 28 days prior to the election, special registration and voting procedures will apply under the state's "grace period" rule, so visit the Rock Island County election website for more information <http://rockislandcounty.org/Elections/Home>. Service members and dependents can visit www.fvap.gov for further information on their voting rights, and to access online voter registration and absentee ballot request forms. Iowa residents can now register online, using the



state's new website <https://mymvd.iowadot.gov/VoterRegistration>, while Illinois residents can visit <https://ova.elections.il.gov>. ([DoD Election 2016 Special Report](#))

Historic Clock Tower Building and Eagle Watch Tours

The U.S. Army Corps of Engineers, Rock Island District's Mississippi River Visitor Center at Locks and Dam 15 on Arsenal Island is offering free eagle watches and Clock Tower Building tours select weekends in **January** and **February** at 9:30-11 a.m. and 12-1:30 p.m. The tours will last approximately 1½ hours and will be guided by a Corps Park Ranger. Learn about the Historic Clock Tower Building as you climb the stairs to the top. Waiting there is a spectacular view of the Mississippi River where you will have the opportunity to see Bald Eagles who visit the area during the cold winter months. The tours will begin at the Mississippi River Visitor Center, located on the western end of Arsenal Island at Locks and Dam 15. You must check in with the ranger staff upstairs in the Visitor Center when you arrive for the tour. The tour is outside for a short duration of time so plan and dress accordingly; good walking shoes are also recommended as the tour will involve walking up 12 flights of stairs at a moderate pace. The tours are free of charge and everyone is invited to attend. An adult must accompany children younger than 12 years of age. Space is limited and reservations are required by calling 309-794-5338. Visit <http://go.usa.gov/c9AZF> for more information.



Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Feb. 12 and 19, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **2:15 a.m. on Feb. 11 & 25**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. Corps of Engineers Blood Drive: The Rock Island District, Corps of Engineers will host a blood drive from 8 a.m. to 1 p.m. on Thursday, **Feb. 11 and on March 23**. The drive will be held in the Clock Tower Building Annex, Bldg. 217, in Conf. Rm. ABC. To donate, please contact 309-794-4200 or visit www.bloodcenterimpact.org and use code 030 to locate the drive. Vista Technical Services Blood Drive: Vista will host a blood drive from 10 a.m. to 1 p.m. on Wednesday, **Feb. 17**. The drive will be held on the MVRBC Blood Donor Bus, parked in front of Bldg. 350. To donate, please contact Paula Johnson at 309-782-0562 or visit www.bloodcenterimpact.org and use code 1841 to locate the drive. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**



VIOS Schedule for January and February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Jan. 25, 26, 27, 28, and 29**; and **Feb. 22, 23, 24, 25, and 26**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command

photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

Free Admittance to University of Iowa Wrestling

Members of the military community who are fans of Iowa Wrestling are invited to root on the Hawkeyes as they clash with the Hoosiers from Indiana University on **Friday, Feb. 5**, at 7 p.m., at the University of Iowa in Carver-Hawkeye Arena, located at 1 Elliot Drive, in Iowa City. The Hawkeyes will be honoring those who are serving or served their nation by providing free entry to active duty, retirees, veterans (with veterans ID or veteran's driver's license), and dependents with IDs. Iowa ROTC/wrestling t-shirts will be given away to the first 500 entering the event.

Wounded Warrior J.R. Martinez to Speak in the Quad Cities

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

Marine Corps JROTC Trivia Night

A trivia night event will be held at the Knights of Columbus Hall (Upper Level) at 1111 West 35th Street in Davenport on **Feb. 20** at 6 p.m. to benefit the Davenport North High School Marine Corps JROTC. Doors open at 6 p.m., trivia begins at 7 p.m. \$10 per person/\$80 per table (teams of eight preferred – pay at the door) limited amount of tables-please make reservations early. For reservations and information please contact Greg Hingtgen at 563-370-5199 or email dnjrotctrivia@hotmail.com. Prizes for 1st and 2nd place, 50/50 raffles & more.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Military Spouse Fun Night/USO 75th Birthday Celebration

Join other Military spouses **Tuesday, Feb. 2**, 6-8 p.m., ACS/USO (Bldg. 110), for this special edition of the monthly Military Spouse Fun Night to celebrate the USO's 75th Birthday. There will be food drink provided by the USO. Please RSVP by calling 309-782-0829. Activities include craft nights, games, trivia, and other fun activities providing an opportunity to relax and have fun. For more information contact Jan Saito at Army Community Service at 309-782-4736/0829 or janice.n.saito.civ@mail.mil.

Geo-Bachelor/Bachelorette & Singles Night, Highlighting USO's 75th Birthday Celebration with Spaghetti Dinner

Help celebrate the USO's 75th birthday on **Wednesday, Feb. 3**, at 5 p.m., in the USO spaces, Bldg. 110. The menu will include spaghetti and meatballs, garlic bread, salad, as well as make your own birthday ice cream sundaes. In addition, the event will include door prizes. Interested individuals need to RSVP to Jackie Inman, 309-782-3896, or jinman@usofillinois.org.



Military Spouse Fun Night

Military spouses are invited to join us **Tuesday, Feb. 23**, 6-8 p.m., ACS/USO (Bldg. 110), on the last Tuesday of each month for a chance to meet other spouses in a fun and friendly atmosphere. Activities include craft nights, games, trivia, and other fun activities providing an opportunity to

relax and have fun. For more information contact Jan Saito at Army Community Service at 309-782-4736/0829 or janice.n.saito.civ@mail.mil. ([Flyer](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Winter Road Rules

Whether you're a newly licensed driver or an experienced 88M with a "gazillion" miles logged, reduced traction from snow, ice and rain can make driving during the winter months especially dangerous. However, while winter weather does pose additional risks to drivers, they don't have to result in an accident. There are several things drivers can do to operate their tactical vehicles safely when weather conditions take a turn for the worst. ([More](#))

Equal Employment Opportunity Focus

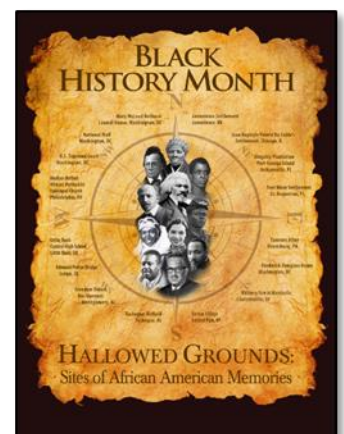


African American/Black History Month Potluck

Army Sustainment Command Equal Opportunity invites you to the African American/Black History Month Potluck on **Thursday, Feb. 11**, 11 a.m. – 12:30 p.m., in the Baylor Conference Room, Bldg. 103, on the 3rd Floor. The guest speaker will be George Eaton, Army Sustainment Command, Historian. If you would like to bring a dish please contact Sgt. First Class Marion Wilson at 309-782-3021 or Sgt. First Class Debbie King at 309-782-0284. To sign up in [TEDs](#) use search word: "Black History."

RIA African American/Black History Month Observance

Army Sustainment Command EEO will host a African American/Black History Month Observance on **Tuesday, Feb. 16**, 1-2 p.m. in Heritage Hall, Bldg. 60. The guest speaker for the event will be Lametta Wynn, the first African American mayor of Clinton, Iowa. The Presidential proclamation for Black History Month in 2015 read: "As we mark National African American History Month, we celebrate giants of the civil rights movement and countless other men and women whose names are etched in the hearts of their loved ones and the cornerstones of the country they helped to change. We pause to reflect on our progress and our history—not only to remember, but also to acknowledge our unfinished work. We reject the false notion that our challenges lie only in the past, and we recommit to advancing what has been left undone." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, 309-782-9761; or Sgt. First Class Marion Wilson, ASC, EOA, 309-782-3021.



Mark Your Calendars

On **Tuesday, May 3**, First Army EEO will host a Holocaust Days of Remembrance Observance from 1-2 p.m. The keynote speaker will be Felix Weil, a survivor of the Holocaust.

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Self Defense Seminar

Learn basic self-defense tactics and tips from our Primary Master Combatives certified instructor **Saturday, Jan. 30**, 9 a.m. - 12 p.m., at the RIA Fitness Center, to avoid becoming a target. Class is \$50 per individual or \$90 per couple/pair and is open to all eligible patrons 18 years and older. Call 309-782-6787 for more info and to sign up. ([Flyer](#))

First Friday Social

Join your Island colleagues **Friday, Feb. 5**, 3-7 p.m., at the Arsenal Island Clubhouse, for a fun evening of appetizers, drinks, networking, socializing and karaoke. This event is open to the entire RIA workforce and the general public so bring your friends, family, neighbors, mail man... whoever, just come out and have fun with us. There will be \$1 happy hour drafts from 3-5 p.m. and bring your Rocktoberfest Stein and get \$2 off re-fills. Steins are still available for \$10. Call 309-782-4372 for more info. ([Flyer](#))

Super Bowl Party

Come watch the best in the AFC battle the best in the NFC **Sunday, Feb. 7**, 5:30 p.m., in the Lock & Dam Lounge, for the title of Super Bowl 50 Champions on multiple big screen TVs. There will be beer specials and an \$8 all you can eat nacho & chili bar. Doors open at 4 p.m. and the hard-hitting gridiron action starts at 5:30 p.m. Call 309-782-4372 for more info. ([Flyer](#))

RIA FMWR Fitness Center's Annual Health and Fitness Fair

The RIA Fitness Center's annual health fair, taking place **Wednesday, Feb. 10**, 10 a.m. - 2 p.m., in the RIA Fitness Center, is a great place to obtain lots of helpful information and advice about your health. Stop by the Fitness Center to visit the various exhibitors who will have a myriad of information on a wide spectrum of health related topics including cardiology, chiropractic and

cancer treatment to name just a few. There is always lots of goodies and freebies available as well. Call 309-782-6789 for more info. ([Flyer](#))

Valentine's Wine & Spirit Pairing Dinner

Show your special someone how much they mean to you by treating them to a romantic evening at the historic Arsenal Island Clubhouse on **Friday, Feb. 12**; doors open at 5:30 p.m. and dinner begins at 6:30 p.m. This delightful evening will include drinks, dinner and dancing to live music. Each course of delectable cuisine will be perfectly paired with a spirit or wine to create a gastronomic experience you won't soon forget. Local favorites, The Whoozdads will provide the musical entertainment for the evening. Professional photographs by Ferguson Photography will be available (extra fee applies). Full menu can be found here: www.riamwr.com/event/valentines-wine-spirit-tasting-dinner Cost for this all-inclusive dinner is \$130/couple and reservations are required by calling 309-782-4372. Event subject to cancellation if minimum reservations are not met. This event is open to the public and due to the new base access policy all visitors must pass a background check and receive a visitor's pass. More information on the new policy and the simple process to obtain a pass can be found here: www.usagria.army.mil/AccessRequests ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. ([menu is available here](#)) ([daily buffet items here](#))



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Outdoor Recreation Ski Gear

Come check out the great new downhill ski gear at Outdoor Recreation. These skis and other winter equipment are available for you to checkout at a great savings. There is a lot of winter left, get out and enjoy it. For more information, phone Outdoor Recreation at 309-782-8630.

Leisure Travel Office Discounts for Shows in February

Visit Leisure Travel in Bldg. 333 (next to the Exchange) to save money on some great shows coming to the Quad Cities in early 2016 including:

- **Feb. 20:** Phantom at Circa 21 Dinner Playhouse

Check out the flyers for the [Phantom](#), or call Leisure Travel at 309-782-5890 for more info and to reserve your discount tickets.

Circa 21: Presents Phantom

A timeless tale. A haunting score. A stunning production. The mesmerizing Phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version,

including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's classic novel. Leisure Travel has discounted seats on sale until Tuesday, **Feb. 2**. All seats are \$46.

Outdoor Recreation Snowstar Outing

Join Outdoor Recreation for a fun evening of skiing or snowboarding or snow tubing at Ski Snowstar Winter Sports Park on **Friday, Feb. 19**, 5-9 p.m. Rent your skis or snowboards from Outdoor Recreation for \$9 per set for this event. Lift tickets are \$20 per person and discounted lessons are available for skiing and snowboarding for participants ages seven and older. Snow tubers must be age four and older. Participants must preregister and prepay at Outdoor Recreation by **Feb. 10**. Call 309-782-8630 for complete details.

A Timeless Tale. A Haunting Score. A Stunning Production.

The mesmerizing phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's novel. Seats are \$46 and on sale until **Feb. 2**.

Event Date: **Saturday, Feb. 20**

Event Time: **5:45-9 p.m.**

WWE Returns to the Quad Cities Road to Wrestlemania

See your favorite WWE superstars Sunday, **March 6**, at 1 p.m., including: John Cena, Alberto Del Rio, Bray Wyatt, Kane, Dudley Boyz, The Wyatt Family, The Divas and many more (card subject to change). Leisure Travel has tickets on sale until **March 2**. Section B row 1 seats 1-8, Row 2 seats 6-12 \$111; Section 113 Row 3 & 4 seats 3-12 \$69.50; and Section 113 row 8 seats 3-11 row 16 seats 1-16 \$56.

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Shear Madness

Quad City Premiere – America's favorite comedy whodunit delights audiences with its unique blend of madcap improvisation and spine-tickling mystery **April 9** at 5:45 p.m. Shear Madness takes place in a hairstyling salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery. The outcome is never the same, which is why many

audience members return again and again to the scene of the mayhem. This is the longest running comedy in history. It has played for more than 30 consecutive years in Boston and 26 years at the Kennedy Center in Washington DC. Leisure Travel has discounted seats available until **March 26**.

MWR Inaugural Pirate and Princess Family Event

This inaugural Pirate and Princess Family Event, will take place Saturday, **April 16**, 11 a.m. – 2 p.m. We will be serving lunch (chicken nuggets, macaroni & cheese, fruit cocktail and a cookie) prepared by the Arsenal Clubhouse. Activities to include: craft table, coloring table, two separate picture taking areas, and a movie with popcorn and juice box. Cost is \$20 for one adult/one child. Each additional person is \$8. RSVP with payment no later than **April 8** to 309-782-5890.

Child, Youth & School Services



Summer Day Camp Registration is Open

We're busy preparing another awesome Summer Day Camp program for 2016. Parents, please check with Parent Central Services at 309-782-0791 to make sure that your registration is current for your children; after that pick up your application for the 2016 Summer Day Camp program at the School Age Center, Bldg. 150, before **Friday, Jan. 29**. Call the School Age Center at 309-782-7544 for more info. ([Flyer](#))



CYSS Family Advisory Board Meeting

The Rock Island Arsenal Child, Youth and School Services is holding a CYSS Family Advisory Board Meeting on **Tuesday, Feb. 9**, 11 a.m. - 12 p.m., in the Abel Conf. Rm., located on the 1st Floor in Bldg. 110. Topics will include the Child Development Center expansion of part-time school, the Summer Expo, other activities and benefits for families (i.e. discounted tickets), as well as your questions. Feel free to bring your lunch; a dessert will be provided. Participants will earn two parent participation points for each CYSS parent in attendance. The POC for the event is [Tina Bevier](#), 309-782-2165. ([Flyer](#))

Kids vs. Parents Dodgeball + Potluck

The Rock Island Arsenal U.S. Army Child, Youth & School Services will hold a Kids vs. Parents Dodgeball + Potluck event on **Wednesday, Feb. 27**, 5-8 p.m., at the School Age Center in Bldg. 150. All children K-12th grade and parents are invited to participate. Families are asked to bring one dish to share for the potluck. Signups can be made by calling 309-782-5019 or by emailing timothy.c.hernandez2.naf@mail.mil. ([Flyer](#))

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Advanced Résumé Class

This class, taking place **Friday, Feb. 5**, 1:30-3:30 p.m., in the ACS Training Room (Bldg. 110), is intended for spouses but is open to all service members, retirees' DA civilians and their family members. Learn advanced techniques on how to tailor your résumé for federal employment. RSVP required by **Jan. 29**. Call 309-782-0829 or e-mail usarmy.ria.imcom-central.mbx.usag-acs@mail.mil ([Flyer](#))

Military Saves Lunch & Learn

Military personnel and spouses are invited to this free seminar **Wednesday, Feb. 24**, 11:30 a.m. - 1 p.m., in the Arsenal Island Clubhouse that will give you some great tips on personal financial management. Set a Goal, Make a Plan, and Save Automatically. Please RSVP by **Friday, Feb. 19** by calling 309-782-0829 or usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil ([Flyer](#))

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

National Eating Disorders Awareness Week – February 2016

We've all seen the ads, if only you had this diet pill, exercise device, or meal plan you would feel attractive and happy. It can be tempting to think that changing your weight can solve the problems in your life. However, for the millions of people who struggle with eating disorders each year, their initial diet or weight loss "tricks" spiral out of control into a mess of isolating rituals, despair, and medical complications. Organizations across the U.S. are working to raise awareness of eating disorders during National Eating Disorders Awareness Week, **Feb. 21- 27**. The Rock Island Arsenal Employee Assistance Program wants you to know that eating disorders are treatable and you can feel better. EAP can provide confidential short-term counseling services by master's level counselors to you and your dependent family members. The EAP is located in Bldg. 56, Room 104. Appointments are available Monday through Friday from 7:30 a.m. until 5 p.m. Call 309-782-4357 to schedule an appointment. Learn more about eating disorders at <http://nedawareness.org>. You can also access an anonymous mental health screening at www.militarymentalhealth.org.

ASAP Calendar Date Log Books Available

The Army Substance Abuse Program/Employee Assistance Program has 2016 Calendar Date Log Books available. Please call 309-782-4357 or stop by the EAP office, Bldg. 56, 1st Floor, Room 104, if you would like one. EAP POC is Melissa Hoye at 309-782-4357.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Tuition Assistance DECIDE

Are you ready to take your education to the next level but still have questions? Maybe you're concerned about selecting the right school, choosing the right degree program, paying tuition, or just figuring out how to get started. If so, Tuition Assistance DECIDE is exactly the tool you need. TA DECIDE Can Help You Choose a College – is a dynamic information and comparison tool designed specifically to aid participants of DoD's Tuition Assistance program in making informed choices on schools and education programs. The TA DECIDE engine is fueled by more than 10 recognized and trusted data sources from across the departments of Defense, Education and Veterans Affairs. It provides a first of its kind experience, uniquely tailored to the needs of the TA participant. TA DECIDE provides you with high value, actionable information on educational costs and outcomes to compare educational institutions that you may be considering. [Visit the TA DECIDE website for more information.](#)

GoArmyEd VIA Launched on Dec.12

VIA is a decision support tool that helps Soldiers research and choose a long-term civilian career goal, a degree that prepares them for their career goal and a “best fit/best value” school. All Soldiers requesting Tuition Eligible Role or requesting to change their existing school or degree will use VIA. VIA uses an interest inventory, a work values survey, and preference questions to make personalized career path recommendations. Soldiers will be able to compare and contrast information about recommended career paths such as expected salary, job growth, and education requirements using trusted data provided by the Department of Labor and the Bureau of Labor Statistics. Soldiers will be able to search for alternative career options, even those not recommended by VIA. Based on a Soldier's career goal selection, VIA recommends college degree options that best prepare an individual for that career. Once Soldiers select a degree goal, VIA recommends schools that offer the degree online or near the location that Soldier selects. VIA helps Soldiers choose a “best fit/best value” school by comparing cost, student outcomes, and alignment with student preferences. After Soldiers complete VIA, Army Education Counselors will have final review and final approval of Soldier requests. You are encouraged to speak with your Army Education Counselor at 309-782-2065 for further advice and discussion on the recommendations generated by VIA.

Gilda's Club Scholarship

Gilda's Club and CCKMA are teaming up to present the first Cancer Kickin' Scholarship. Four \$1,000 scholarships will be awarded to students impacted by cancer – whether it is themselves, a parent, sibling, other relative or friend with the diagnosis. Students must be current high school juniors/seniors or currently in their first or second year of college to apply. Applicants must reside in Scott, Rock Island, Muscatine County or Henry County. Application submissions are due **Feb. 1**. Scholarship forms are available online at CancerKickinScholarship.com, at Gilda's Club (1234 East

River Drive, Davenport) or by calling Kelly Hendershot at 563-326-7504. Recipients will be recognized on **April 9** at the 9th Annual CCKMA Event. ([More](#))

Iowa Illinois Chapter NDIA and SGT Paul Fisher Scholarships

The Iowa Illinois Chapter NDIA is now accepting applications for NDIA and SGT Paul Fisher scholarships for academic year 2016-2017. Value of each scholarship is \$2,000. Applications may be downloaded from the front page of the chapter's web site, www.ndia-ia-il.org. Eligibility requirements are shown on the first page of the application. Applications must be postmarked by midnight **March 24**. Questions should be directed to the scholarship chair, John Masengarb, 563-650-3252.

Rock Island Arsenal Welcome Club Scholarship Applications

Rock Island Arsenal Welcome Club Scholarship Applications are now available. Applications can be picked up at the Arsenal Attic Thrift Shop, Bldg. 60 basement; or the Education Center, Bldg. 56. You can also [access the applications online here](#). The applications list the specific eligibility requirements for applicants. Please note that all RIA active duty military, civilians, and contractors, and all of their dependents, are eligible to apply, as well as those who regularly volunteer on the Arsenal. Please email RIAWC Scholarship Chair Nicole Kirschmann at RIAWCScholarships@yahoo.com with any questions.

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **March 17**, and **June 16**; • Black Hawk College, **April 14**, and **July 14**; • Eastern Iowa Community College, **Feb. 4**, **March 3**, **April 7**, **May 5**, **June 2**, and **July 7**; • Kaplan University, **Feb. 18**, **May 19**, and **Aug. 18**; • Saint Ambrose University, **April 21**, and **July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28**, **April 28**, and **July 28**; • University of Dubuque, **Feb. 11**, **May 26**, and **Aug. 11**; and • Upper Iowa University, **March 10**, and **June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Historical Society February Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on **Thursday, Feb. 4**, in the Veranda Room of the Arsenal Island Clubhouse. The menu for the dinner includes a garden salad, top sirloin with mushroom gravy, garlic mashed potatoes with vegetable medley, and apple cake for dessert. All dinners include rolls and breadsticks, coffee, tea and water. The total cost is \$14 including tax and tip. Our event is open to members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. The guest speaker will be Dr. William Hampes, professor emeritus of psychology/sociology from Black Hawk College. His presentation will be focused on the COL Davenport House. For reservations call Monica 563-650-4349 or Linda 563- 355-6165 or email chiicaliinda@aol.com. Reservations are due by Noon on **Monday, Feb. 1**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

This Week in Rock Island Arsenal History – Jan. 25-31

Col. David King, one of two RIA Commanders buried on the Island, died Jan. 27, 1932. Burial ceremony for Col. David King was held at Arsenal Island on Jan. 30, 1932. Col. King joined Gen. Rodman as the only two RIA commanders to be buried on Arsenal Island.

Healthbeat



January is Cervical Cancer Awareness Month

No woman should die of cervical cancer according to the Centers for Disease Control and Prevention. Cervical cancer, which is caused by the human papillomavirus or HPV, remains the most preventable cancer in women who have regular screening tests to include yearly well woman exams and Pap tests, said Ramona Derousseau, IACH Well Woman Clinic nurse practitioner. The Pap test looks for precancers, which are cell changes on the cervix that might become cancerous if not treated. Women should get Pap tests regularly starting at age 21. Routine screening is recommended every three years for women 21-65 years who have a normal Pap test with a negative HPV test according to the CDC. Women who are 30 years and older with an unclear Pap test are also tested for HPV. Women of all ages should also have yearly well woman exams for their reproductive health care needs, Derousseau said. "I recommend all women have yearly well woman exams because a Pap test doesn't tell us if the ovaries are normal size or if there are any changes to the uterus," she said. The well woman exam includes a breast and pelvic examination, a Pap test if needed, a review of labs and medications, a review of family history and testing for sexually

transmitted diseases. If a Pap test comes back abnormal or if a woman is diagnosed positive for HPV, it does not mean cervical cancer is present, according to the CDC. HPV can cause normal cells on the cervix to turn abnormal. Over many years, abnormal cells can turn into cancer if they are not found or treated. ([More](#))

Losing Weight in 2016 Is Just an Arm's Length Away

Each of us makes over 200 subconscious decisions about what and how much to eat every single day. Which do you prefer, coffee or tea? Select the supersize or medium size? Skip the cookie or eat the cookie? According to researchers at Cornell University, these unconscious food decisions are driven more by our "eating environment" and less by our deliberate choices. In other words, subtle cues in your environment that range from the size of your plate to the distance between you and that candy dish all play a role in nudging you to overeat and make it more difficult to lose weight. Even those of us with the best intentions will find it difficult to lose weight when food is visible, plentiful and accessible. There is no need to despair. You are literally just an arm's length away from making it easier to eat healthy and lose weight. Follow these 5 tips below to rearrange your "food environment" and start losing weight today! ([More](#))

Notes for Veterans

VA Secretary: Appeals Process Is 'Failing Veterans'

In his second plea to Congress in a week, Veterans Affairs Secretary Bob McDonald on Wednesday said his department's benefits appeals process is "failing veterans" and asked lawmakers for a massive overhaul to fix the process. "Decades worth of law and policy layered upon each other have become cumbersome and clunky," McDonald said in a statement to House lawmakers and the press. "Most importantly, it is now so antiquated that it no longer serves veterans well as many find it confusing and are frustrated by the endless process and the associated length of time it can take to get an answer." The Cabinet secretary he needs both legislation and resourcing to "put in place a simplified appeals process" to handle the cases in a matter of months, instead of years. McDonald's call echoed comments he made to the Senate Veterans' Affairs Committee on Jan. 21 during a hearing on department reforms. He said that with lawmakers' help, officials could reduce the processing time for appeals cases to less than a year by 2020, much quicker than the current three-year average wait for decisions. ([More](#))

Lawmakers Push VA to Let Doctors Recommend Medical Marijuana

Twenty-one lawmakers have written Veterans Affairs Secretary Robert McDonald urging him to let VA doctors discuss marijuana as a potential medical treatment in states where it is legal. Under a VA policy that expires on Jan. 31, VA doctors are not allowed to discuss medical marijuana with their patients or recommend it as a treatment. Senators and representatives — 19 Democrats and two Republicans, including Rep. Joe Heck of Nevada, a physician and Army Reserve brigadier general who chairs the House Armed Services personnel panel — want a new policy that "removes barriers that would interfere with the doctor-patient relationship" in states where medical marijuana is legal. The policy, lawmaker say, "disincentivizes doctors and patients from being honest with each other." ([More](#))

Around the Q.C.



C

Jan. 30: [Quad Cities Bicycle Club's RAGBRAI for Rookies](#) (Davenport Public Library, 6000 Eastern Ave.)
Jan. 30: [Hand in Hand Chili Cook-Off](#) (Mississippi Valley Fair Center, Davenport)
Jan. 30: [Bridal Expo](#) (RiverCenter, Davenport)
Jan. 31: [36th Annual Motorcycle Parts Swap Meet](#) (QCCA Expo Center)
Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)
Feb. 5: [Bacon and Beer Festival](#) 2016 (RiverCenter, Davenport)
Feb. 5-7: [37th Annual Home Builders and Remodelers Outdoor](#) Show (QCCA Expo Center, Rock Island)
Feb. 6: [Frozen Fat Fondo Fest](#) (Credit Island, Davenport)
Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)
Feb. 9: [Rajun Cajun Food Fest](#) (Figge Art Museum, Davenport)
Feb. 11: [Dad & Daughter Sweetheart Date Night](#) (Stoney Creek Hotel & Conference Center)
Feb. 12-13: [Factory of Fear Presents from the Factory with Love](#) (5027 4th Ave., Moline)
Feb. 12-14: [IA-IL Regional Auto Show](#) (RiverCenter, Davenport)
Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
Feb. 18: [HAVlife Martini Shake Off](#) (RiverCenter, Davenport)
Feb. 21: [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park, Davenport)
Feb. 25-28: [Regional Firearms Auction](#) (Rock Island Auction Company, 7819 42nd St W, Rock Island)
Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)
Feb. 27: [Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)
Feb. 29-March 6: [4th Annual Quad Cities Restaurant](#) Week (greater Quad-City area)
March 4-6: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
March 5: [QCMiB 5th Annual Spring Fling Craft & Vendor Show](#) (The Viking Club, Moline)
March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)
March 10-13: [Missouri Valley Conference Women's Basketball Tournament](#) (iWireless Center)
March 12: [CASI's 34th Annual St. Patrick's Day 5k Race, 1 Mile Family Fun Run and the Tot Trot](#) (Downtown Davenport)
March 12: [St. Patrick's Day Grand Parade XXXI](#) (Downtown Rock Island & Downtown Davenport)
March 12: [8th Annual Spring Crafts & More Show](#) (The Camden Centre, Milan)
March 16-19: [Gathering of the Green](#) (RiverCenter, Davenport)
March 18: [13th Annual Henry Farnam Dinner](#) (St. Ambrose University's Rogalski Center, Davenport)
March 19: [Spring Equinox Run](#) (Credit Island Club House, Davenport)
March 20: [Polar Plunge for Special Olympics Illinois](#) (Wick's Lake, Jumer's Casino, Rock Island)
March 26: [Easter Egg Scramble 5K Road Race](#) (Village of East Davenport)
April 1-3: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
April 2: [QCH3 Red Dress Run](#) (The Venue, Moline)
April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)
April 23: [Bandits Race to Home 5K](#) (Modern Woodmen Park)
April 23: [Gilda's Run for Laughs & Roseannadana Dash](#) (The District of Rock Island)
April 23: [Moline Kiwanis "Fling into Spring" Bags Tournament](#) (Historic Lot by Bad Boyz, Moline)
April 30: [35th Annual CBRC 24 Hour Run](#) (North Scott High School Track, Eldridge, Iowa)
April 30: [Steve's Old Time Tap Spring Chaser](#) (223 17th Street, Downtown Rock Island)
May 1: [MIP Arts & Crafts Fair](#) (Eriksen Chevrolet-Buick, Milan)
May 6-7: Davenport Central High School JROTC Blue Raider Challenge (Navy Operational Support Center Rock Island)
May 7: [Village in Bloom](#) (Village of East Davenport)
May 7: [3rd Annual Cinco De Mayo Nacho Ordinary 5K](#) (Ganzo's Davenport)
May 7-8: [Beaux Arts Fair](#) (Figge Art Museum)
May 8: [Quad Cities Distance Classic](#) (Augustana, Rock Island)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)
May 14: [Young Life Quad Cities' 'You Were Made For This 5k' Race](#) (Ben Butterworth Parkway, Moline)
May 21: [The Wild 5, Running Wild](#) (Unity Point - Trinity, Bettendorf)

May 21: [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)
May 21: [LiveFit with Lupus Race & Festival](#) (Pebble Creek Golf Course, LeClaire, Iowa)
May 30: [Quad Cities Criterium](#) (Village of East Davenport)
May 31-June 4: [Quad Cities Senior Olympics](#) (1800 3rd Avenue, Suite 304, Rock Island)
June 3-4: [Rhubarb Festival](#) (Aledo, Ill.)
June 10-11: [Gumbo Ya Ya](#) (The District, Rock Island)
June 18: [The Micro Brew Mile and 6K Road Race](#) (5th Avenue, Moline)
June 18: [Quad Cities Triathlon 2016](#) (West Lake Park, Davenport)
June 18-26: [Quad Cities Museum Week](#) (QCCA Expo Center, Rock Island)
June 19: [Ride the River Bike Ride](#) (Downtown Davenport)
June 25: [Royal Ball Run For Autism](#) (Hyvee, Milan)
June 25-26: [Quad City Air Show](#) (Davenport Municipal Airport)
June 26: [Blossoms at Butterworth](#) (Butterworth Center, Moline)
June 26: [Hemmings Motor News Great Race - San Rafael, Calif. to Moline, Ill.](#) (Moline)
July 4: [Red, White & Boom!](#) (Rock Island & Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Downtown Bettendorf)
July 14-16: [Walcott Truckers Jamboree](#) (I-80 Truckstop, Walcott, Iowa)
July 15-17: [Radish Magazine's 2016 Yoga Fest](#) (Holiday Inn, Rock Island)
July 19-23: [Rock Island County Fair](#) (fairgrounds in East Moline)
July 29-30: [Downtown Street Fest](#) (Downtown Davenport)
July 30: [Bix 7 Run/Walk](#) (Downtown Davenport)
Aug. 2-7: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 4: [Freedom Run 5K](#) (733 15th Ave., East Moline)
Aug. 4-7: [Bix Beiderbecke Memorial Jazz Festival](#) (Quad-Cities Waterfront Convention Center, Bettendorf)
Aug. 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)
Aug. 11-13: [Tug Fest, LeClaire](#) (Iowa & Port Byron, Ill.)
Aug. 13: [Case Creek Obstacles 5K Mud Run](#) (Coal Valley, Ill.)
Aug. 19-20: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 20: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 26-27: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 27: [Vettes on the River](#) (LeClaire, Iowa)
Aug. 27: [Silvis Family Run](#) (Schadt Park, Silvis, Ill.)
Sept. 3-4: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 10: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 10: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport)
Sept. 17: [Taming of the Slough](#) (Empire Park in East Moline)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport)
Sept. 17-18: [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport)
Sept. 23-24: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline)
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 27: [Fright Night](#) (The District (Rock Island)
Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)
Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line.](#)

